### Ofete Win Pellamebipe.

The first three followedings of \$510 for he year |217-15 for sandy at Teachers iege, cisforniste Catronity, have been New Reduced, Make, and Mice Holon Keller of Lamonson, Ph.

Look, Mother! See if tongue is conted, breath hot or stomach sour.

"California Syrup of Figs" can't harm tender store ach, liver, bowels.

# CARTER ADMITS KIDNAPPING PLOT: STATE WITNESS

Accused Piersol in Balty Keels Case-Ransom Demands

eliterand with feather the band of happers that state fight Lloyd Keet era demanding excess from J. Holand Kest, the haby's father.

According to tex.lmony airenty totraduced at the trial to Dick Carter against whom a conspirary charge is Every mother realizes, after giving penting he and Piersoi planned, five her children "California Syrup of months before the bidespping of the Pigs," that this is their ideal laxative, Keet boly, to had become in the old ecause they love its pleasant taste present home to the country outside and it thoroughly cleaners the tender of Springfield. A woman women Where cross, irritable, feverish or Fost child's disapprepriate, she heard breath is bad, stomach sour, look at what one believed to be the craims of the tongue, mother! If coated, give a a native in the old beam. The State's teaspoonful of this harmless "fruit theory is that have Kest was that laxative," and in a few hours all the taken there and then to the old Crime

laxative," and in a few hours all the foul, constipated waste, sour bile and undigested fond passes out of the howels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic remember, a good "inside cleansing" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful to-day saves a sick child to-morrow. Ask your druggist for a bottle of "California Syrup of Figs" which has directions for babies, children of all ages and grown-upportated on the bottle. Beware of counterfeits sold here, so don't be fooled. Get the genuine, made by "California Fig Seria Commany."—Advt.

Lichard there and there to the old Cring show Mansion, where the bod's was stand. It be agt to forget the man who is deal to my face and told me to go to hed? Paining a finger at Flerico, Familia, Lochmann, enretaker of the Canatry Club in Springfield, made the stowest attended to the statement on the witness stand. He demand I be said the first the car that followed J. Holland Keet to the club on the main of the kidnapping.

Lochmann and there to the old Cring show Mansion, where the bod's was tound.

That man drove the car. Would I be agt to forget the man who is deal.

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That man drove the c

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# Fatigue The Danger Signal And hardwood floors will feel like and hardwood floors will feel like walks.

able at night? Do you worry over petty

These are the Danger Signals of Fatigue. When we reach the limit of our mental and physical endurance-when overwork of brain or body starts its drain upon our nervous energy-nature never fails to flash the danger signals of Fatigue.

## How fatigue grips you

Fatigue poisons work-graduallysubtly. If each day you are using up more than your normal amount of surplus energy-you are slowly drawing more and more heavily on your health capital, and diminishing your powers of efficiency. That "tired feeling" creeps over you a little earlier each day till finally your night's sleep is no longer sufficient to refresh you-to restore your wasted health vitality.

How can you tell when you are nearing the limit of your natural energy? You must lock out for the danger signals sent out by Nature-loss of appetite, insomnia, increasing exhaustion from day to day without increase in the amount of work done, mental depression, lack of interest and initiative.

The spirit of the times demands nothing less than the most perfect development of body and mind, and maintaining the highest degree of efficiency of the adult worker for the longest possible term of years.

A surplus of energy must be persistently aimed at - what Harrington Emerson, the well-known Efficiency Engineer, calls "plus health." No fatigued woman can be at her best; she is doomed to inferior work, and to be mentally depressed.

## Conserve your energy

Economize your energy wherever you can. Make every activity build up your vitality instead of wearing it down.

Whatever your daily work may be, there is no reason why it should exhaust you. It should use up only a normal amount of your surplus energy. It is the added strain on your nerves, the shock and jar of every step you take on hard city pavements and hardwood floors that wastes your strength, and leaves you tired out.

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Alice Veriet, Merie Alcock, Guido
Ciccobai, Arthur Mulifeton,
Hungarian Rinapsott No. 1,
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